



**BRAIN INJURY
ASSOCIATION**
O F N E B R A S K A

3510 Old Dominion Road
Lincoln, NE 68516
402.423.2463
800-444-6443

Nebraska Brain Injury Support Groups

The Brain Injury Association of Nebraska can help link persons with brain injury and their loved ones to self-directed, voluntary support groups. Support groups can provide a number of benefits and provide the following key results:

- Emotional healing comes when people interact with other people.
- Sharing of similar experiences helps members feel less alone and more ready to deal with day to day issues.
- Encouragement comes from learning about how others have conquered situations similar to theirs.
- Contribution helps support group members feel meaningful.
- Education results from the exposure to information and personal experiences in a group.
- Socialization occurs when connections with people are made and confidence in social skills develops when appropriate interaction occurs in support groups.
- Self-expression, as emotions are experienced and released, creates a greater understanding of oneself.
- Confidence building results as members take responsibility for the work of the group, and see progress with the plans they made.
- Safety, in the environment of a confidential, supportive, non-judgmental group, allows for honest disclosure and sharing of common difficulties.
- A sense of growth occurs as long-term members see new participants and reminisce about where they began and how far they have come in their personal journey.

*If you would like to start a support group in your area
please call the BIA-NE at 402-423-2463*

Nebraska Support Group Meetings

Please call the support group contact before you attend a meeting for the first time,
or if you have not attended recently, to ensure the schedule has not changed.

ALLIANCE

Martha Douglas Second Tuesday
mdouglas@bbgh.org

3:00 pm *The Stroke and Brain Injury Group meets in the Hyannis Room at Box Butte General Hospital. Speakers or discussion.*

COLUMBUS

Meghan Jantzi
402-562-3333 mmjantzi@columbushosp.org
Columbus Community Hospital

GRAND ISLAND

Cris McElroy Third Monday
308.398.5396 cmcelroy@sfmtc-gi.org

HASTINGS

Kathlene Smith First Tuesday
402.460.5763 kkksmith@yahoo.com
3:30-5:00 pm *Mary Lanning Hospital*

KEARNEY

Kathryn Feldman Third Saturday
308.224.1080 Kathygirl2050@yahoo.com
Good Samaritan Hospital

LINCOLN (4)

Michelle Grieser First & Third Mondays
402.499.4227 mhawleyg@windstream.net
Support group for parents of children with Brain Injury
6:30-7:30 pm *Madonna Rehabilitation Hospital*

Karen Hux Second Friday
402.472.8249 Khux1@unl.edu
Gina Simanek
402.327.0120 gsimanek@neb.rr.com

Nita Sipple Second Tuesday
402.890.4521 nita_sipple@yahoo.com

LINCOLN

Dr. Paula Ray Second & Fourth Thursdays
402.483.9625 pray@madonna.org

Amy Potter
402.483.9687 apotter@madonna.org
4:00-5:00 pm *Madonna Rehabilitation Hospital, Nemaha Room*

NORFOLK

Margaret Jensen First Monday
402.371.7284 noredn@qwestoffice.net

Bonnie Suhr
402.586.2679

NORTH PLATTE

Frank Aloï Second Monday
308.532.3555 frankaloi@charter.net

Melissa Harmon
harmonm@mail.gprmc.com

OMAHA

Anne Hupka Second Tuesday
402.572.2139 anne.hupka@alegent.org
6:00 pm *Immanuel Rehab Conference Center, Centennial room. 6901 North 72nd Street. Dinner is provided.*

SCOTTSBLUFF (2)

Martha Douglas Third Tuesday
mdouglas@bbgh.org

Vicki Rutter
308-635-3696

Marcia Stuckey First Monday
308.635.6152 stuckeym@wncc.net
This group is for veterans and military families.